

Sundays at FUUSA

Please join us on any Sunday for:

Mindfulness Meditation, Religious Education for children and youth, the Service, Coffee Hour, or any combination thereof. Other programs include Forum (social justice and environmental topics), Children's Chapel, War Healing Circle; social events, and adult education.

All are welcome!

WINDOWS

Newsletter of the First Unitarian
Universalist Society of Albany

January 2012

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Sunday Schedule

9:00 AM

Mindfulness Meditation

9:45 AM

Nursery/Toddler rooms open

10:00 AM

Service

Children's Chapel

(1st Sunday/mo.)

Religious Education

11:00 AM

Coffee Hour

11:45 AM

Forum *(2nd & 4th Sundays/mo.)*

7:00 PM

War Healing Circle

(2nd & 4th Sunday/mo.)

Services

Jan. 1, "The Beginning of the End," the Rev. Sam Trumbore
(Sanctuary)

2012 is supposed to be a pretty significant year. The Mayan Calendar is supposed to end this year. My financial analyst cousin is predicting a financial meltdown this year. Who knows what global climate change has in store for us. How do we live with this kind of uncertainty? Can we thrive in spite of it? Music: Beth Harris

Jan. 8 "Community and Spirituality," Diane Cameron Pascone
Diane Cameron Pascone will suggest ways deeper involvement in both community and spirituality can enhance our inner and outer lives as the new year unfolds. Diane is a writer, teacher and speaker. Her columns on popular culture appear locally in the Times Union and in newspapers across the United States. She is the author of "Love in the Time of Cancer" and "My Mother's Donald."

Jan. 15 "From Civil to Human Rights, King's Legacy," the Rev.
Sam Trumbore

In his last years, the Rev. Dr. Martin Luther King, Jr. wanted to see the the civil rights movement to transform into a human rights movement. His speech to the Southern Christian Leadership Conference in 1967 titled, "To Chart Our Course for the Future," still has wisdom and direction for us today.

Jan. 22 "What Emerges Out of Silence," the Rev. Sam Trumbore
Rev. Trumbore will be attending a mindfulness meditation retreat for the first ten days of January. Sometimes he has deep and profound insights that emerge as he sits motionless watching his respiration process. But maybe not – no guarantees. Either way he'll have some wisdom to share about the "direct path to enlightenment."

Jan. 29 "Giving Life the Shape of Justice," Jacqui Williams
What is it about General Assembly 2012 that has us referring to it as the Justice GA? Learn about the decision to continue holding our national gathering in Phoenix when other conferences upheld the boycott and how the planners are making sure what takes place will be anything but business as usual. Jacqui C. Williams is a member of the UUA General Assembly Planning Committee, Co-President of DRUUMM and a member of FUUSA. Music: Choir



Calendar

Events happening every Sunday at FUUSA

9:00 AM	Mindfulness Meditation	Sanctuary
10:00 AM	Service	Emerson
10:00 AM	Children's Chapel (1st Sunday/mo.)	Sanctuary
10:00 AM	Religious Education	Classrooms
11:00 AM	Coffee Hour	Channing, Emerson
11:45 AM	Forum (2nd & 4th Sundays/mo)	Emerson
6:00 PM	War Healing Circle (2nd & 4th Sundays/mo.)	Emerson

Exceptions: Jan 8, 15, 22, 29: Workshop Rotation for Children in the Green, Blue, Indigo and Violet Groups. They will start with Children's Chapel each Sunday. Orange and Yellow Groups will start their mornings in room 26.

Events happening every week in the month of January

Tuesdays	10:00 AM	Philosophy Group	B-8
	1:00 PM	Bridge	B-8
Wednesdays	10:00 AM	Projects & Quilts	B-8
	7:00 PM	Choir Rehearsal	Emerson

Exceptions: No choir rehearsal Jan. 4, 18.

All other events happening in the month of January

Sunday, 1-Jan	Holiday - office closed		
11:30 AM	Social Responsibilities Council	Room B-7	
Monday, 2-Jan	6:15 PM	Religious Education Council	Channing Hall, Kitchen
Tuesday, 3-Jan	7:00 PM	UU Christians	Room B-5
Wednesday, 4-Jan	10:00 AM	Projects & Quilts	Room B-8
	5:30 PM	Endowment Trust Meeting	Stott Lounge/Joy Library
	6:00 PM	Wellspring Meeting	Room B-8
Thursday, 5-Jan	7:00 PM	SGM John Sherman	Room B-5
Sunday, 8-Jan	11:30 AM	Auction Committee	Room B-7
	11:45 AM	Forum	tba
	12:30 PM	Rite of Passage	Room B-8
	5:30 PM	Walker Book Club	Channing Hall, Kitchen
	7:00 PM	War Healing Circle	Room B-8
Monday, 9-Jan	10:00 AM	SGM Patrick/Odell	Room B-5
	3:30 PM	Shelter Meal Prep	Kitchen
	7:00 PM	Monday Men	Room B-8
	7:00 PM	SGM English	Room B-5
Wednesday, 11-Jan	2:00 PM	SGM Patka/Manning	Room B-5
	5:00 PM	Religious Services Committee Meeting	Room B-8
	6:30 PM	SGM Peggy Sherman	Room B-5
Thursday, 12-Jan	1:30 PM	Staff Meeting	Minister's Office
Friday, 13-Jan	6:00 PM	Meditation Retreat	Channing Hall, Kitchen, Room B-8
Saturday, 14-Jan	8:00 AM	Meditation Retreat	Emerson Hall, Kitchen, Room B-8
	6:00 PM	Circle Dinners	Offsite
Sunday, 15-Jan	11:30 AM	Peace Team	Room B-7
	11:45 AM	Green Sanctuary / 350 Meeting	Room B-8
Monday, 16-Jan	Holiday - office closed		
	12:00 PM	Channing Circle	Channing Hall, Kitchen
	7:00 PM	ML King Service	Offsite
Wednesday, 18-Jan	5:30 PM	Safe Congregation Response Team	Room 26
	6:00 PM	Wellspring Meeting	Room B-8
Thursday, 19-Jan	7:00 PM	Board of Trustees	Room B-8
	7:00 PM	SGM Sherman	Room B-5
Friday, 20-Jan	9:00 AM	Newsletter deadline	
	6:00 PM	Potluck--Chili Cookoff	Channing Hall, Kitchen
	6:30 PM	Guilderland Plus Potluck - D Moskowitz	Offsite
Saturday, 21-Jan	8:45 AM	Getting to Know UU	Kitchen, Room B-8
Sunday, 22-Jan	11:00 AM	Get Connected Activity Fair	Emerson Hall
	6:00 PM	War Healing Circle	Room B-8
Monday, 23-Jan	10:00 AM	SGM Patrick/Odell	Room B-5
	3:30 PM	Shelter Meal Prep	Kitchen
	7:00 PM	Monday Men	Room B-8
	7:00 PM	SGM English	Room B-5
Tuesday, 24-Jan	7:00 PM	Lifespan Learning: Buddhist Philosophy	Room B-8
Wednesday, 25-Jan	2:00 PM	SGM Patka/Manning	Room B-5
	6:30 PM	SGM Peggy Sherman	Room B-5
Saturday, 28-Jan	7:00 PM	Retirement Party for Dave Stone	Emerson Community Hall, Kitchen
Monday, 30-Jan	7:00 PM	New UU	Room B-7
Tuesday, 31-Jan	7:00 PM	Lifespan Learning: Buddhist Philosophy	Room B-8

Forum

Jan. 8 Solar, a great investment

Looking Ahead

Feb. 10 Potluck: Green Sanctuary sponsored

Feb. 17+18 Circle Dinners

Mar. 10 "Tides" of March Auction

News

New FUUSA employees

The Personnel Committee is pleased to announce that we have hired **Stephanie Hayes** to fill the position of office administrator and **Hadiya Wilborn** to fill the position of part time custodian. Stephanie comes to us with an excellent range of experience in office administrative positions. She started working at FUUSA on Dec. 19 and will be working through the end of this year. Then she will be off for ten days while Rev. Sam is on his meditation retreat. She will be working from 9:00 AM until 3:30 PM, Monday through Friday.

Hadiya lives on West Street very near FUUSA. She has managed buildings, cleaned the laundromat down the street, and done construction and building renovations. She will be starting on Friday, Jan. 13 and will be working Sunday mornings doing the myriad activities that Dave Stone does. For three Sundays in January she will work with Dave. She will also be working on cleaning and facility management activities during the week.

When you see Stephanie or Hadiya please give them a warm FUUSA welcome.

Board supports broader participation in Justice GA 2012

At the December Board meeting, the FUUSA Board agreed to support increased and broader participation by FUUSA members in Justice GA 2012. Therefore, in addition to supporting on-site or on-line FUUSA adult and youth delegates by paying their registration fee, the Board supports efforts to obtain additional funding to pay for a portion of travel costs (after accounting for any other scholarship assistance) for adults and youth who want to travel to Phoenix. Members wishing to apply for this assistance will be required to submit an application to the Board describing their reasons for attending GA and describing how they will apply what they learn to justice issues in the Capital District. The amount of support will be a function of the number of members who need support and within limits of available funding. The application process will be described at the January 20th pot luck, so plan on attending if you are interested.

UUA Congregational Study/Action Issue (CSAI) continues. While Unitarian Universalists get ready

Flyers in this issue

At the end of this newsletter you will find full page items on:

- ◆ Chili Cookoff flyer
- ◆ Dave Stone's Retirement Party flyer
- ◆ "Tides" of March Auction flyer

for the "Justice GA" (the upcoming UUA General Assembly in Phoenix focusing on justice issues generally, and immigration issues in particular), the Association and its congregations continue to move forward with the CSAI on *Immigration as a Moral Issue*. This issue is currently in the study and action phase, and is currently scheduled to come before the **2013 GA** for a vote to adopt. However, the UU Commission on Social Witness (CSW) continues with the review and action process, and will review all comments received by March 1, 2012 from congregations and districts. These comments will assist in refining the Resource Guide and help the CSW prepare for 2012 General Assembly workshops on this issue.

For additional information on this CSAI, please go to <http://www.uua.org/immigration/re/moral/index.shtml>. Questions? Please contact Denominational Affairs liaison Don Odell if you want to participate in this process.

Budget Requests due January 15, 2012

Yes, it's time once again to figure out how much money your program, committee or group will need in the next fiscal year, beginning July 1, 2012 and ending June 30, 2013. While it may seem far away, this year once seemed distant also.

The budget form for submission can be found on the FUUSA web site at <http://www.albanyuu.org/budgetform.pdf>, or in the File Cabinet. If necessary, the FUUSA office can supply you with a printed form.

The Finance Committee and the Board use the completed form to help determine what your group's planned activities are for next year and how much money will be needed to support your endeavors. It will be assumed that no funds will be needed if a form is not submitted. Regular mail and email submissions will be welcomed.

The form is self-guiding, however, if you have questions or need an alternate method of communication, please contact Steve Moskowitz, Finance Committee chair by email or phone..

Healthy Congregations training

One of the benefits and responsibilities of being a Threshold Congregation is that we are hosting the Healthy Congregations Training on the following dates in 2012 - Feb. 3 & 4, Feb. 24 & 25, and Mar. 16 & 17. This training will be a transformative activity for our congregation, IF we can have a large attendance from a representative cross section of dedicated members. If you only have time for one UU conference or training this year, this is the one I recommend. A flyer is posted in Channing Hall describing the conference and the same flyer on the FUUSA website has a live link to register. If you think that you would be interested in attending, please let me know. --Chuck Manning

Mouse Patrol

This is the time of year that a variety of species of these small rodents look for a warm place to spend

the winter. Unfortunately, FUUSA seems to have put new meaning to the term ‘Welcoming Congregation’. Fortunately, the current population has not risen to Biblical proportions. We have a modest infestation of mice. As you know, they can be somewhat destructive and can pose a health hazard, especially if allowed to proliferate as they are wont to do. I suspect that their fecundity rivals that of rabbits.

So, what to do? There are three major steps in eliminating, or at least greatly reducing, our mouse population. These are to remove their food supply, prevent additional mice from entering the premises, and trapping or otherwise killing the current residents.

We can all help with the first of these by following simple guidelines. Plans are under development to address the other two steps. Effective immediately, no food or food product can be stored anywhere in the premises unless it is in a sealed container, preferably hard plastic or metal. (Special arrangements will be made for the pantry, kitchen and SRC fair-trade storage areas.) If you have an

Newcomer orientation

Learn about Unitarian Universalism and FUUSA

We invite you to meet with others who are new to the congregation at our next “**Getting to Know UU**” session, scheduled for **Saturday, Jan. 21** from 8:45 a.m. to noon.

We’ll start with coffee and snacks and getting to know each other: new folks, Membership Committee, and Rev. Sam Trumbore. You’ll learn about Unitarian Universalism and about our congregation, and you’ll get a chance to ask all the questions you’ve been collecting. We’ll talk about how to get involved in the FUUSA community and about becoming a member. All in all, it’s a fun morning of conversation and fellowship, and a pleasant first step on the path to membership!

There is a sign up sheet in Channing Hall (at the Sign Up Site), or you can call Amy Lent interim Membership Coordinator (and Church Administrator) at the church office, 463-7135.

New Member Sunday

On **Sunday, Feb. 5**, we will welcome new members into our congregation.

Membership is open to all. To become a member of FUUSA you will start by signing an Intent to Join. There is no test of faith or belief requirement to join our community, only general agreement with the purpose of our organization. The expectations of membership are: participation on Sunday morning; involvement in and helping with our activities; and financial support of the congregation. Each expectation is flexible depending on each person’s ability to participate.

One officially becomes a member by signing the membership book in the minister’s office, which can be done privately or with a group on New Member Sunday. New members are encouraged to come and be recognized during the Sunday service on New Member Sunday, as it serves as an excellent introduction to your new community, but it is not a requirement! Please call either Kathy Hodges, Chair of the Newcomer Welcoming Team, or Amy Lent, Interim Membership Coordinator (at the church office, 463-7135) if you are interested in becoming a member.

event, meeting, class, etc., and food is present, remove it all or store it properly after the event. All food scraps, including dirty plates and utensils, should be taken to the kitchen and disposed of properly there. Organizations renting space from us will be asked to follow these guidelines as well.—Dave Metz

Lunch with the Minister Sunday, Jan. 29, Noon

Are you new to our congregation and would like to get to know our minister? Rev. Trumbore will be available after the Sunday service for lunch and conversation about Unitarian Universalism, our congregation, religion, spirituality, philosophy, ethics, ideas ... and whatever else comes up! For January, we will meet at **Ichiban** (near the corner of Central and Quail) on the south side of the street. **Please RSVP** by 11:30am that Sunday to Rev. Trumbore (in person, email: strumbore@uumin.org or call/text: 366-4532) so he'll know how many seats to reserve. NOTE! Space is limited at the table, so call early!

Attention committee chairs and event organizers!

The Program Coordinating Council urges you to think ahead a wee bit to the 2012-13 church year... and get ready for the Major Events planning session which will take place at the Feb. 9 PCC meeting.

There are several motivations for doing this so far before the beginning of the year, but the prime reason for doing it in February is that this year's goods and services auction is on March 10. We've learned in recent years the importance of providing a list of next year's big dates before the auction so that donors of auction dinners and events can pick other dates for their events, thus preventing-- or at least reducing-- the number of calendar conflicts people have to deal with!

Committees planning events for next year are requested to figure out what big events you are thinking of for next year, what rooms you might need (Emerson, Channing and the kitchen being the most sought after), figure out your preferred dates and times. And then either the chairperson or a representative should come to the meeting on Feb.

9 to be part of the planning and negotiating it takes to get everything onto the calendar.

Questions? Contact either Peggy Sherman or Amy Lent (church office 463-7135).

Update: Toward a Safe Congregation policy

In April of 2011 the Board adopted the current Toward a Safe Congregation policy. This policy includes preventions and safety procedures, and the role of the Response Team, as well as other items. For your information, most of the policy's safety procedures for the Religious Education Program for children and youth are the same ones that have been followed for many years. In September of 2011 the Board tasked the Safe Congregation Response Team with writing Appendix C—A Plan for Implementation. The Response Team has met regularly since the fall. They expect to present the Board with a proposal for the implementation plan this spring. The Response Team members are Kathy Harris, Owen Devine, Jean Poppei, Leah Purcell and Rev. Sam Trumbore. The policy is on the FUUSA website.

Guest at Your Table wrap up

Hopefully you are filling up your Guest at Your Table box as you read this. We would like to have all boxes, and contributions returned by Monday, Jan. 9 to the FUUSA RE office. We will then start counting the money in those



FULL boxes during the following week, and submit the total to the Unitarian Universalist Service Committee at the end of that week. So, it's not too late to complete the filling of those boxes, and making contributions to the UUSC. Please consider making a contribution that meets membership levels. Since UUSC is an independent organization that receives no funding from government or the UUA, your support and membership are vitally important.

Supporting the UUSC puts our shared values into action in the United States and around the world. Thank you for your participation and generosity from your FUUSA UUSC local representative, Don Odell, and from Leah Purcell, DRE, who is so helpful in making this effort a success.

Lifespan Learning

RE is Celebrating Kwanzaa on January 1st *Habari gani?* What's the news? On January 1st we will have a multi-age RE program geared for children in pre-k through 6th grade to celebrate the last day of Kwanzaa. The value of the last day of Kwanzaa is Imani, which means "faith". So it's appropriate for us to gather with members of our faith, and share with each other what our faith means to us. We'll hear stories, create a weaving together and set the table for a feast. Youth are welcome to help or they can attend the regular service with their families. I'm planning the session, with help from others, but I need some adult volunteers that morning. Let me know if you can help out. --Leah Purcell

Workshop Rotation plans – artistic help needed
As you may have read previously, for the last four weeks of January, the RE program is trying something new for the Green, Blue, Indigo and Violet Groups called Workshop Rotation. Planning the workshops is being finalized, but the Workshop Rotation Committee is working to transform some of the classrooms to fit the theme of the month and the workshops. For example, we'd like to create a mural of silhouettes of people for the movement room. If you have expertise or interest in room decorating, art, or in Chinese culture, please contact me. For the WR Committee, Leah Purcell

The New UU

A religious education course for adults

The New UU, a new curriculum for adults will complete the remaining four of its six sessions on Monday evenings January through April from 7:00 PM to 8:30 PM. The curriculum is intended for those new to Unitarian Universalism, but is good for UUs old and new. It also provides a chance for newcomers and long-timers to connect and to examine their own stories in the light of their respective Unitarian Universalism. Each session is an independent session covering a range of topics. Sign up sheets will be posted on the sign up board in Channing Hall in the upcoming weeks for each of the sessions.

The following schedule will cover the last four sessions:

Jan. 30: How Decisions are Made: Polity and Governance. *Co-facilitated by FUUSA President Chuck Manning.*

This workshop provides an overview of congregational polity and covenant, the foundational principles upon which Unitarian Universalist congregations are gathered and continue to exist as institutions. It will focus not on the mechanics of congregational structure and governance, but rather the religious underpinnings of those structures, highlighting the role and importance of membership in a congregation.

Feb. 13: How We Grow in Faith--Philosophy of Religious Education. *Co-facilitated by DRE Leah Purcell.*

This workshop introduces the philosophy of Unitarian Universalist religious education, especially the concept of lifespan faith development as the search for truth and meaning that goes on throughout our lives. Activities emphasize the role of narrative and the need for religious education to provide ways to respond to all that life presents. Participants hear the experiences of members involved with our religious education program in different roles and capacities.

Mar. 12: Social Justice Philosophy and Practice. *A co-facilitator is yet to be chosen.*

The workshop provides an introduction to social justice work in a Unitarian Universalist context. Because the focus of Unitarian Universalists is on this life, and because we embrace such principles as justice and compassion, we feel compelled to live out our values by working for social justice. Participants will have a chance to hear about some of the experiences from social justice activists from your congregation, who will reflect on how that work relates to their religious path. The workshop explores the value of both action and reflection on that action as integral parts of social justice work as a religious and spiritual practice.

Apr. 16: Membership. *A co-facilitator is yet to be chosen.*

This workshop ties up loose ends and encourages non-members to consider the privileges and responsibilities of membership.

For more info contact Don Odell, The New UU Co-

ordinator. If you wish to explore this online curriculum offered by the Lifespan Development of the Unitarian Universalist Association, please feel free to go to the website at <http://www.uua.org/re/tapestry/adults/newuu/index.shtml>.

Mindfulness Meditation Training January 13-14

This training, will be led by Rev. Trumbore, on Friday 6:00 pm to 9:00 pm, and Saturday 8:00 am to 3:00 pm. It gives the participants an opportunity to learn Buddhist mindfulness meditation techniques or refresh and deepen their meditation practice. All are welcome whatever your level of experience. There will be a potluck vegetarian lunch on Saturday and all are encouraged to bring something to share. Please register with the office (call 463-7135) if you'd like to participate. (A voluntary donation can be offered at the end.)

Rev. Trumbore has practiced Buddhist insight meditation for over 25 years and is Past President of the Unitarian Universalist Buddhist Fellowship. He has found this meditation technique to be one of the best for Unitarian Universalists. It helps people train their minds to strengthen concentration and intensify moment-to-moment awareness. Regular practice of this technique quiets and sharpens the mind and opens the heart.

Buddhist Philosophy: Core Ideas Tuesdays, Jan. 24, 31, Feb. 7, 7:00-8:30 pm

Rev. Trumbore will teach, discuss and critique the core ideas of Buddhism. Much of what the Buddha taught lines up very well with Unitarian Universalist values. What is especially attractive to UU's is the practicality of this philosophy. The Buddha presented ideas that could be verified in personal experience and used productively in daily living.

Readings and references for the class will be found at this web address: <http://www.trumbore.org/buddhist-class.html>

New books in Joy Library

Striking a Balance: A Primer in Traditional Asian Values by Michael C. Brannigan. Lexington Books, 2009. (170.95 BRA) "... an unusual, well-written introduction to Asian Thought. In addition to clear, lucid explication of primary concepts, Professor Brannigan provides insightful and philosophically sensitive retelling of a host of stories drawn from classical sources in Hinduism, Buddhism, Zen, Taoism and Confucianism. In the process he invites the reader to explore the ethical values woven into these traditions, to get to know the people whose lives have been shaped by those values, and to reflect on a range of similarities as well as differences between Eastern and Western cultures. (Douglas W. Shrader. Amazon 12/15/2011)

Man Seeks God: My Flirtations with the Divine by Eric Weiner. Twelve, 2011 (200.92 WEI) "... the former NPR foreign correspondent heads around the world on a humorous and thoughtful quest for spirituality. It seems like a logical next step from his last book, the best-selling *Geography of Bliss*, an account of his hunt for happiness.... What Weiner discovered on his spiritual journey is that things often get worse before they get better. He says ...In the end, Weiner didn't come away with something entirely new to believe in. Instead, what he found is what he calls an "IKEA God." "Some assembly required," he says. "[The] idea is that you can cobble together your sort of own personal religion, a sort of mixed tape of God." What he concluded is that you need a foundation. In his case, that foundation was Judaism and Kabbalah. "But on top of that foundation, you can add all kinds of things," he says. "So I'm sort of in perpetual seeker mode, but I think that's OK." (NPR online, Accessed 12/15/2011)

They Take Our Jobs!: And 20 Other Myths about Immigration by Aviva Chomsky. Beacon Press, 2007 (304.873 CHO) "Claims that immigrants take Americans' jobs, are a drain on the American economy, contribute to poverty and inequality, destroy the social fabric, challenge American identity, and contribute to... social ills by their very existence are openly discussed and debated at all levels of society. Chomsky dismantles twenty

of the most common assumptions and beliefs underlying statements like “I’m not against immigration, only illegal immigration” and challenges the misinformation in clear, straightforward prose” (Amazon 12/15/2011).

Illegal People: How Globalization Creates Migration and Criminalizes... by David Bacon. Beacon Press, 2009 (331.6209 BAC) “for two decades veteran photojournalist David Bacon has documented the connections between labor, migration, and the global economy. In *Illegal People* Bacon explores the human side of globalization, exposing the many ways it uproots people in Latin America and Asia, driving them to migrate. At the same time, U.S. immigration policy makes the labor of those displaced people a crime in the United States. *Illegal People* explains why our national policy produces even more displacement, more migration, more immigration raids, and a more di-

vided, polarized society...” (Amazon 12/15/2011)

We Are All Suspects Now: Untold Stories from Immigrant Communities after 9/11 by Tram Nguyen. Beacon Press, 2005 (323.17309 NGU) “...argues that there is little room left for immigrants in America to become anything more than “cardboard cutouts” simply playing a role to please their suspicious neighbors and ever more watchful government... the American political imagination has shifted so far to the right that people without status ... discusses how recent security concerns have been used as a justification for the US government to display increased racial and cultural ... takes a different, ground-level, view of how ... policies affect the individuals, families, and communities themselves - the real effects of such policies on our neighbors. Will the war on terrorism redefine the meaning of who belongs in America?” (Amazon 12/15/2011)

Our Community

You’re invited to Dave Stone’s retirement party
Saturday, Jan. 28, 7- 10 PM

Dave Stone is retiring. Come celebrate at his party on January 28th. Sign up sheets are on wall in Channing Hall. Please see flyer in this newsletter for details.

The Chili Cook-off is back!

On Friday, Jan. 20, our fantastic chili cook-off will be held, with an added program to get you thinking about the Justice General Assembly in June that will be focusing on the immigration issue. Sign up in Channing to bring your favorite chili, salad, bread, dessert, or beverages. If you would rather not bring food, you can pay \$3.00 per adult and \$2.00 per child under 13 (\$10 max for a family). Child care will be provided. Dinner is at 6:00 with the one hour program at 7:00.

Immigration issues in Albany will be addressed by Fred Boehrer from Emmaus House, who works with undocumented Albany residents and families who need help. We will also have Yi-Ke Peng, a Times Union reporter, who wrote a recent article on an Albany resident who has been living here legally for 33 years and now is threatened with deportation to Jamaica.

Come at 6:00 for a delicious dinner – stay for a discussion of this important topic. We hope to see you there! Sponsored by the Social Responsibilities Council.

Walker Book Club

Sunday, Jan. 8, 5:30 PM

The Walker Book Club offers participants the opportunity to search for truth and meaning by reading and discussing a book each month from September to June. The book group is open to all, and newcomers are always welcome.

The evening begins with a potluck supper in Channing Hall, followed by a lively discussion of the book of the month chosen by participants. Bring your favorite dish to share, and a small contribution to cover beverages. Participants may either: bring and store their own dishes, drinking vessels and eating utensils; or use dishes etc. at FUUSA and help with the dishwasher.

Dates and books currently scheduled: Jan. 8: [The Help](#) by Kathryn Stockett; Feb. 12: [Snow Flower and the Secret Fan](#) by Lisa See.

Contact Linda Hunt at with any questions. Join the Walker E-List to find out more about selected books and to participate in suggesting and choosing books to read and discuss.

Warm up at FUUSA in March

Can't afford to go to the beach in March? You CAN afford to join us at **The "Tides" of March** FUUSA annual goods and service auction on Saturday, March 10. An evening of fun, finger foods, and community awaits you, while you consider bidding on a large variety of wonderful donations. Typical items include homemade desserts or pot of soup, babysitting or help around the house, pizza to gourmet meals, hiking or canoeing, a weekend at a cottage, and much more. Please save March 10th on your calendar so you can attend!

Welcome, new members!

Cora Stackelberg and her husband Olaf moved to Schodack from Ohio in 2007. They are both retired and came here to be close to their son Paul and his family, other relatives in the New England area, and their second home in northern Vermont. Their son John and his wife live in California. Cora especially enjoys reading, listening to classical music and gardening. She gardens in Schodack but her primary garden is in Albany, Vermont where they spend considerable time during the spring, summer and fall.



Born in a modest log cabin and raised among grizzly bears, the one thing that can be honestly said about astronaut-turned-supermodel **Jaye Holly** is that she did well in creative writing in school. Creativity serves her well in her role as the coordinator of staff development and training for Berkshire



Farm Center and Services for Youth. She returned to Albany about 3 years ago, after living in Maryland for more than a decade. That was where she found her partner, and soon to be wife, Judy. They now live in Delmar with their dog

and two cats. There are also about 500 pandas in the house, although not living ones. Jaye enjoys all kinds of crafts, especially scrapbooking and jewelry making, as well as baking. This is her favorite season of the year, but that's to be expected for someone with the last name "Holly." She is thrilled to become officially part of the FUUSA family today.

Donnamarie Martocci was born in Brooklyn and raised in the Catskills. She moved to the Capital Region in 1991 to attend Russell Sage Col-



lege. Donnamarie currently lives in Troy with her nearly 5 year old twins. She is a social worker and is employed as the Director of a home visitation program for families at risk of child abuse and ne-

glect. Donnamarie volunteers for the Troy Police Athletic League (Troy - PAL), serving as the Secretary for the past 4 years. She loves spending time with her family, including her partner Lori and stepdaughter. In her free time, she enjoys singing, a glass of red wine, and conversations with friends.

Lori Beyer-Teal was born in Watertown and raised on a dairy farm in Lowville, NY with 7 brothers and 1 sister. She moved to the Capital Region in



1989. She currently lives in Malta with her 6 1/2 year old daughter, who was our Chalice lighter two weeks ago. She is employed as a parts manager at Arrowhead Equipment in Albany. Lori has been a volunteer fire fighter at the

Malta Ridge Fire Company for the past 7 years. She loves spending time with her family including her partner Donnamarie and stepchildren. In her free time she enjoys singing, taking on home improvement projects, and riding her motorcycle.

Jody and Earl Zimmerman have been exploring FUUSA for several months and are delighted to join the FUUSA community at this time. Earl grew up in an Evangelical and Reformed congregation and is now interested in the journey FUUSA and Unitarian Universalism offers. He and Jody have 2 wonderful children together, David and Sarah. Earl and Jody also love and enjoy sharing time with Jody's older sons and their families. He loves helping others and has the privilege to express that love by helping people through his work as a physician. He said: "I'm lucky to get paid for what I enjoy doing!" Earl also loves exploring ideas especially about the common good. He believes that his and his family's participation in the FUUSA community will enhance their participation in social action.



**6 to 9 at 6:09: Circle Dinners
Saturday, Jan. 14**

Circle Dinners, organized by Martha Musser, are potlucks held in the homes of FUUSA members and friends. These dinners provide an excellent opportunity to socialize in small groups of six to nine people. Everyone is welcome, singles and couples, regardless of dietary restrictions. We encourage families with young children to attend or host a family-oriented dinner.

If you would like to attend, you can complete the sign-up form in Channing Hall or email Martha. In your email, specify the number of adults and children who will attend. Also indicate if you are willing to host or need a ride. If you are not bringing children, please indicate if you would like to attend a family-oriented dinner.

Last day to sign up: January 4, 2012

Save these dates for future dinners:
Friday, Feb. 17 or Saturday, Feb. 18
Saturday, Mar. 24
Friday, May 18 or Saturday, May 19

If you would like to know more about Circle Din-

**Need to talk?
FUUSA Pastoral Care
Associates are here
to listen!**



Our Pastoral Care Associates have been trained in compassionate listening skills and are available to all members and friends of our congregation. To contact a Pastoral Care Associate, email listeners@albanyuu.org, contact Reverend Sam Trumbore, the FUUSA office at 518-463-7135, or one of them personally. They are: Jon Newell, Phil Rich, Sharon Babala, Jan Satin, Jean Bolgatz, Randy Rosette, Mark Yolles and Robin Miller.

ners, please contact Martha Musser.

CommUnity Potlucks

FUUSAns meet occasionally in members' homes in various neighborhoods for a potluck dinner. Newcomers are always welcome! Call the church office if you would like to host a potluck.

**"Guilderland Plus" will meet in Schenectady
Friday, January 20, at 6:30 PM**

Debbie Moskowitz will host the potluck group, named "Guilderland Plus" because of its open welcome to residents of other neighborhoods. Please contact Debbie for directions and to discuss a dish to share.

About Us

The **Helderberg Madrigal Singers**, along with the Bleecker Consort, will present Elizabethan Music: A Shakespeare Sampler at Troy Music Hall at 12 noon on Tuesday, Jan. 10, 2012. This free lunch-time concert is part of the Hall's Music at Noon series. The program will be similar to that presented at FUUSA in April 2011, but come hear us in the acoustically splendid Troy Music Hall. See **the Danas or Dave Metz** for additional information.

Joys and Caring Corner _____

Edited for the Web: Personal information and contacts removed, as well as children's last names. Web viewers needing more information are invited to contact the church office at administrator@fuusalbany.org.

If you need the services of the Caring Network, please call the office during regular hours at 463-7135.

Items of personal joy or caring may be submitted during the service on the yellow cards provided, or directly to May Ann Randall.

Social Justice

We have been celebrating the season, thinking of others, of being with our loved ones and of thinking about those less fortunate. FUUSAns have re-

sponded generously to appeals to give to others. It is a difficult time to get our heads wrapped around issues of social justice, of reading and responding, of signing letters and petitions when we are signing holiday messages and wrapping gifts.

But with the new year let us be alert to social injustice. The Unitarian Universalist Association is focused on a justice General Assembly. We will be a part of that. In this coming year my resolution is that we will be better at accomplishing social justice.

Standing on the Side of Love,
Lois Griffin

Forum: Solar, great investment Sunday, Jan 8, 11:45 - 12:30

The Green Sanctuary Committee will hold a "Solar Panel", an informational session on solar power generation. Panelists will be local experts and representatives from regional solar energy providers. See how you can spin your meter backwards for no money up front! Join us in room B-8.

Columns

Sam's Outlook

Why practice mindfulness?

After the January 1st service is complete, I'll jump in the car and drive to Barre, Massachusetts, home of the Forest Refuge. After unloading my suitcase, meditation bench and cushion, I'll quietly go into the meditation hall and begin a cycle of walking and sitting meditation that will last for ten days. My only goal will be to be mindful of what arises and what passes away in each moment. The Buddha described this meditation practice as the direct path to nibbana, the extinguishing of the fires of greed, hatred and delusion.

In preparation for this retreat, I've been listening to 23 talks by Insight Meditation Society founding teacher Joseph Goldstein on this meditation method described in the "Satipatthana Sutta." The practice of mindfulness requires a clarity of attention developed by feeling the physical sensations of breathing, knowing while you are breathing in, that you are breathing in, and knowing while you are breathing out that you are breathing out. It sounds pretty simple until the first distraction hijacks the attention away from the breath.

Many might read the first two paragraphs above and wonder why anyone would want to torture themselves this way. What possible benefit could there be to such navel gazing? Here is my answer.

Striving to find happiness through material consumption is gradually destroying our planet. Our economic system based on endless growth of consumption is clearly unsustainable. As we see from the rise and fall of people who make and then squander fortunes, money really doesn't buy happi-

ness. Once we have attained our most basic material needs, more money generally doesn't make people much happier.

So, if money doesn't buy happiness, where else might we look for it? Most choose sense pleasures. Sense pleasures bring us pleasant sensations but they are also quite variable. The first bite of a delicious slice of cheesecake can bring a rush of excitement, but the last bite may cause a feeling of bloated fullness and later a sugar induced insulin crash. There is only so much sexual, auditory, visual, and gastronomic stimulation we can take before the sweetness turns sour. Social engagement provides lots of satisfaction ... but that depends on who you are talking to and for how long. The balance in the give and take of conversation can easily tip into stress and strife.

Many of us cherish the life of the mind, enjoying learning, discovery, creative expression and aesthetic enjoyment. As one who enjoys them all, I find them a source of great delight and pleasure. Yet, each of these mind pleasures also has difficulties that limit them. Sometimes the learning process is frustrating when I can't retain all of what I'm learning. Discoveries can both surprise and alarm. Creative work may not receive appreciation or acclaim. Musical compositions and artistic shows can just as easily disappoint as delight. They are not consistent sources of worldly happiness.

The Buddha discovered in his disciplined practice of introspection that happiness is the inherent nature of the knowing capacity of consciousness. He realized we're looking in the wrong places to find enduring happiness and inner peace. We keep looking in the wrong places because we just don't have enough experience of the liberation the kind of introspection he called mindfulness can bring us.

The door to happiness through greater and greater consumption will soon be closing for many of us. Our material standard of living most likely will decline as energy resources become less available in the future. This may generate much unhappiness during the transition which will most likely be very unpleasant.

I'm dedicated to mindfulness meditation practice because I see it as one of the solutions to help people have a very high quality of life with much less stuff. Asian Buddhist monks have almost nothing and yet are some of the happiest people on the planet. Mindfulness meditation practice helps the practitioner recognize the sources of their unhappiness. Amazingly, in the recognition process itself, the suffering can be mitigated.

The theory of how all this works makes complete sense to me. My ongoing stress arises from not being able to actualize the theory consistently ... yet. And so I develop my ability through practice. Ten days of practice helps build up my experience base of the value of mindfulness and my capacity to do it. I strive to be a good example of mindfulness and thus demonstrate its value.

Don't expect too much change on January 10th however! This is a lifelong pursuit. Still, with each retreat, my skill strengthens. I deeply appreciate the opportunity my ministry to you offers to use those skills and refine them even further to reduce stress, unhappiness, and suffering, replacing them with ease, happiness and peace.—Rev. Sam

Chuck's Chat

"Hello Goodbye, Hello Goodbye"

Starting a new year reminded me of The Beatles song "Hello Goodbye". The song, surprisingly enough, is about Hellos and Goodbyes. 2011 says Goodbye but I say Hello to 2012. We all say hello many times a day to people we know and to new people. In a broader sense my mind sometimes says "**Heloo**" when I am introduced to a new idea or have an ah-ah moment. A baby experiencing the world for the first time experiences 100's of hellos a day. Breathing is a discovery, light is a discovery, the senses of smell, touch and taste are discoveries. At first goodbye is not even a concept. Everything is coming in and greeting.

Before long we start to learn about goodbyes. There are many kinds of goodbyes, but I divide them into three main types. At first even before they talk, babies learn to wave on cue when someone leaves. Then they learn to say the word "goodbye" or "bye-bye" with the expectation that they will see that person again. At some point, maybe in the transition from elementary school to middle school or when a good friend moves away, we learn that after some goodbyes we may not see that friend again. The possibility for a reunion is there. Maintaining contact is easy with social media but the closeness of the connection has changed. Finally, our perception of the world experiences a profound change when we are faced with having to say a last goodbye. It may happen with a cherished pet, a grandparent, or someone else close to us. Suddenly or slowly we realize that nothing lives forever. This becomes one of our first emotional experiences with humanity's profound questions. It is a moment when religion may start to matter.

So, how does FUUSA do at hellos and goodbyes? I think we have become very good at the first hellos. Our membership ministry committee greets newcomers with enthusiasm and sincerity. I have received many positive comments from newcomers about our friendliness. Hopefully, even coffee hour has become a little less intimidating. This will only continue to work if we all make a conscious effort to reach out to each other. Short-term goodbyes are also pretty easy. Many times they are coupled with a "see you at the next meeting or next Sunday".

My opinion about how we do with the second type of goodbye is more mixed. We have excellent examples of heartfelt longer term goodbyes, for example the party for Thayer Heath when she moved. I expect Dave Stone's retirement party on January 28th will be a positive goodbye. (especially since Dave is not leaving the congregation, only his job here) Sometimes, however, someone leaves our congregation and we barely notice. It might be acknowledged with a "Whatever happened to _____?" but there is no follow-up. When folks leave, we need to say an intentional goodbye and make sure they are doing OK.

Then there is the last goodbye. Attending many

memorial services here, confirms what I have heard many times, “We do final goodbyes really well.” Each service is a touching remembrance of a life. The positive and unique are lifted up. There are often funny stories told. Negative characteristics are minimized. Great respect is shown for Inherent Dignity and Worth. This leads me to another question:

“Is it possible for us to form a beloved community where we treat each other with the same reverence that we show as we say our final goodbyes?”

I believe it is possible, but it will take a willingness to say hello to a new way of being together in 2012. This is what I hope the Healthy Congregation training can provide. It is part of our Threshold Congregation effort. I urge you to learn about this training by checking out: <http://www.cerguua.org/healthycong/healthycongfaq.html> and <http://www.cerguua.org/healthycong.html>.

Then sign up at <https://sluud.wufoo.com/confirm/healthy-congregations-training-3-weekend-series/>. I know it is a large time commitment and we are all busy. My hope is that the time will be worth it. If it is successful, we can achieve a transformation internally at FUUSA that we can then share with the world. —Chuck

Religious Exploration

“What do children need on Sunday morning?” These words come from Rev. Lowell Brook, with an addition from me.

They need to light a candle, and have a quiet moment to enjoy its mystery. They need to sing a song, to hear their own voice and other voices



joined together, and to feel the feelings that are stirred by music. They need to hear a story and have a chance to share their own. They need to learn something, to have an “ah ha” experience, to gain an understanding that can enrich their lives. They need to create something, realizing that by expressing themselves, whether using words or materials, helps to bind the different parts of ourselves and

life together. That’s what religion is.

life together. That’s what religion is.

The need to be with an adult who is interested in the world and who feels the privilege and the responsibility of their trust – one who is glad to be with them, and regards them positively.

Into this safe and encouraging context, we may weave the content our religious traditions the history and common threads of our identity are important to be sure, but without loving embrace the education will not be religious.

What of those things do you feel most connected with? Can you see yourself as a Religious Education volunteer providing that context and that loving environment?

Our spring term starts on Feb 5. Many of the current volunteers are staying on for the spring term, but some teams will need more volunteers. My goal is to recruit 4 volunteers for each team. That way each volunteer can expect to lead one session, assist with one session and have two Sundays off each month.

I’d also like to recruit more boys. Our boys need role models to show them that there is room for them in our programming and in our congregation at large. It used to be that our curricula were oriented to the quiet learners. They usually started with sitting in a circle and hearing a story, then sitting at tables for crafts and a snack. The new Tapestry of Faith curricula has movement activities for each session to engage those who learn by action and to channel the energy of the group towards learning. This is great for both boys and girls.

Michael Gurian, the Spokane writer whose books include *The Wonder of Boys* and *A Fine Young Man*, was quoted in the *UU World* article “What Should We Do with The Boys”. He believes that boys in particular need to learn what he calls “heroic spirituality” which focuses on protecting others, accepting responsibility, and fighting for what’s right in the larger world. “One of the reasons churches exist is to teach males what is good and ethical... boys are more impulsive than girls, they want to know: What contains me? What do I do with my power?”

That’s where our male RE volunteers step in, by simply being who they are as Unitarian Universal-

ists. Having males serve as RE volunteers benefits both boys and girls by allowing them to relate to different kinds of people. We want everyone to know he or she is unique with unique qualities and abilities.

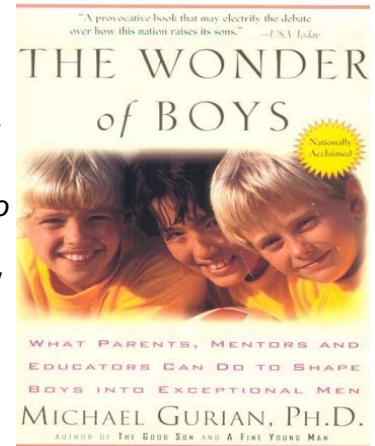
I am so grateful to have male RE volunteers in most of our groups this term - from toddlers to senior high. What's the RE volunteer experience like? You might want to ask David Quist, Bob Cohen, Lee Newberg, Richard Sleeper, Terry Way, Don Odell, George Nesbit, Jim Hutchins, Dee Van Riper, Shawn FitzGerald, Tyler Kessel or Pete Costello.

Interested in joining a team? Sign up in Channing Hall on the board by the bay window, or let me know.

In joyful service,
Leah

Bringing It Home

Do boys and girls learn differently? Michael Gurian says that we need to “deal creatively with gender-specific needs.” Read more about his book *The Wonder of Boys: What Parents, Educators and Mentors Can Do to Shape Boys into Exceptional Men* at http://www.michaelgurian.com/the_wonder_of_boys.html



Parking for the able-bodied (and early)

If you get here a little early on Sunday morning, and if you have the strength of body and/or of character, we ask you please to park in the *farther* parking lot. This will help those who arrive just in the nick of time for the service to find a space and get in the door before the gong—and it will also help newcomers who don't yet know their way around here to have a more pleasant first visit.

The farther University at Albany parking lot is the **Thurlow Terrace Lot** on Western Avenue. It is just

about parallel to our location on Washington Avenue (as the crow flies over Richardson Hall) and yes, you will have to walk further to get to FUUSA. But think of it this way: exercise!

Remember, please, if you are coming here for some other event outside of our usual Sunday morning activities, you must park on the street. We do occasionally request (and receive) permission to use the SUNY lots for large events, and when that is the case the information will be included in the event's publicity.

Volunteer Opportunities

Caring Network drivers

The Caring Network could really use some help in the transportation area. Specifically we have need of people available during the day to drive folks to medical appointments, grocery shopping, etc. So, if you can help out once in a while--we need you! Call Sharon Babala 477-2376. And, thank you!

Every Sunday...

We need one Lead Usher, three Ushers, two Coffee Hosts, two Greeters, two Welcomers, and one Chalice Lighter! These are easy commitments to make, and they are a BIG PART of our Sunday hospitality.

Two ways to sign up: Online at <http://tinyurl.com/SundayVolunteers> OR in Channing Hall at the Sign Up Site.

You can check at either location to see which spots need to be filled. Names added to the paper sign up in Channing Hall will be added to the online version every Monday. If you've never done a particular job before, please know that both training and job descriptions are available!

Contact Us

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email: board@albanyuu.org

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David Stone sexton@albanyuu.org

Rental Agent

Lynne Lekakis kaneandlekakis@gmail.com

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Regular meeting days

Check current calendar for time and location

Board of Trustees, 3rd Thursday

Program Coordinating Council, 2nd Thursday

First Unitarian Universalist Society of Albany

Phone: 518.463.7135

Address: 405 Washington Avenue, between Robin Street and Lake Avenue, Albany, New York 12206

Main entrance is on Washington Avenue. Rear entrance is on West St. Both have ramp access. The building is fully handicapped accessible.

Parking: Parking is available on the street. On Sundays (and for some special events) FUUSA has permission to use the University at Albany's downtown campus parking lots: the Hawley Lot on Robin Street at Washington Avenue and the Thurlow Terrace Lot on Western Avenue.

Office hours

September-June: Monday-Friday, 9:00-4:00

July-August: Monday–Thursday 9:00-12:00

Website

www.albanyuu.org

Building use

To **reserve a room** for a FUUSA activity, contact Administrative Assistant Dave Stone (463-7135 or dstone@albanyuu.org).

To **rent classroom space** for a personal or non-FUUSA activity, contact Administrative Assistant Dave Stone (463-7135 or dstone@albanyuu.org).

To **rent one of the large halls** or plan for an event that will use both halls and classrooms for a personal or non-FUUSA activity, contact Rental Agent Lynne Lekakis (427-7386 or kaneandlekakis@gmail.com).

Windows is the newsletter of the First Unitarian Universalist Society of Albany. It is published monthly, except July and August, in the offices of the Society at 405 Washington Avenue, Albany, NY 12206, and distributed to members and friends of the Society. Church office phone is 518-463-7135.

Editors: Amy Lent

Send submissions for all publications to:
Windows@albanyuu.org or to the church office.

Publication deadlines

FUUSA Preview email: 9:00 a.m. Wednesdays

Order of Service: 9:00 a.m. Thursdays

Windows: 9:00 a.m. 3rd Friday of the month

CHILI COOKOFF

Friday, January 20

5:30 Set Up

6:00 Dinner

7:00-8:00 Program on immigration—
Childcare provided



Pot Luck or Pay

◆ Sign up in Channing Hall to bring chili, mac and cheese (for tender taste buds), bread, salad, dessert, or beverages

◆ If you'd rather pay than bring food or beverages, the cost is \$3.00 per adult, \$2.00 for child under 13; \$10 family max.

◆ Walk-ins are welcome to come (and pay), but signing up helps us plan.

Program:

“Immigration Issues in Albany”

Fred Boehrer, Emmaus House, who works with undocumented Albany immigrants and families who need help - legal and otherwise.

Yi-Ke Peng, Times Union reporter. Author of article on a legal permanent resident from Jamaica, facing deportation after 33 years here.

*Sponsored by the
Social Responsibilities
Council*